

**Tomball High School  
Athletic Department**

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**TOMBALL COUGARS**

June, 2010

Cougar Football Players and Parents – are we ready TO “Start Fast...Finish Strong” ?

We hope your summer has gone well to date as we prepare for another exciting Cougar football season! Our summer conditioning camp has begun with around 300 student/athletes working two hours a day – Monday through Thursday. Hopefully you are one of these.

We will make every attempt to keep you informed and it really helps the program if we all try to stay one step ahead.

**PLEASE THOROUGHLY READ ALL INFORMATION PROVIDED IN THIS MAILOUT!!**

**PHYSICALS** – Everyone must have one on file before your child can practice. Many of you have taken care of this already.

This year’s physical is a 3 page front/back form. If you need one they are available at the fieldhouse.

**PLEASE TAKE CARE OF THIS NOW IF YOU HAVE NOT DONE SO!!**

**PARENTS/PLAYERS** – We supply cleats for Varsity. They are white with red trim. We supply cleats for our sub-varsity. They are black with minimal white trim. If you buy your own make sure they are the correct color.

**FRESHMAN PARENTS/PLAYERS** – A typical week once school begins on Monday, August 23 – practice Monday through Wednesday 1:50 – 3:30 P.M.. Freshman Red/White teams play on Thursday. (Wednesday 11/3 exception). Freshman will report to 7<sup>th</sup> period on Fridays and be dismissed at regular dismissal time – 2:30 P.M.

**JV PARENTS/PLAYERS**- A typical week once school begins on Monday, August 23- practice Monday and Tuesday until 5:40 P.M. and Wednesday until 5:00 P.M. JV Red/White teams play on Thursday (Wednesday 10/27 & 11/3 exceptions). There will be no after school practice for JV on Fridays.

**VARSITY PARENTS/PLAYERS** – A typical week once school begins on Monday, August 23 – practice Monday and Tuesday until 5:40 P.M., Wednesday until 5:00 P.M., Thursday until 3:45 P.M. Our normal Saturday schedule will include treatment (if needed) at 8:00 a.m., film at 9:00 a.m. followed by conditioning and weights ending by 12:00 noon. Our one Saturday game will cause a slight change in our Thursday/Friday/Saturday routine.

**Remember – all varsity players** will be responsible for their pre-game meal on Fridays. The players will be allowed to go home or elsewhere to eat and will always be given the exact time to report back to the fieldhouse for the “countdown to kickoff”.

**When reporting for locker room orientation** the week of August 3 all Varsity players be prepared to pay for Varsity game day shirt (\$25), entire season on DVD (\$20-optional), highlight video (\$20-optional), and locker name plate @ \$5.00 (only optional if you plan on using last year’s).

Hopefully everyone **will join the Tomball Athletic Booster Club** (form enclosed) and consider purchasing an ad in our football program (form enclosed).

**PAY CLOSE ATTENTION TO IMPORTANT DATES ON BACK OF THIS LETTER!!**

Let’s all “Start Fast...Finish Strong”,  
Coach Kaiser and Football Staff

# **TOMBALL COUGAR FOOTBALL**

## **2010 IMPORTANT DATES**

<b>MAY/JUNE Weekends</b>	7 on 7 State Qualifying Tournaments
<b>JUNE</b>	Summer 7on 7 - Schedule TBA
<b>JUNE 14th - JULY 29th</b> <b>MON. - THURS.</b>	Summer Conditioning: Two hours per day sessions.(excluding July 5th-July8th) for incoming 7th - 12th graders
<b>JULY 9th, 10th</b>	State 7 on 7 Tournament - College Station, TX
<b>JULY 28th - 31st</b>	Cougar Youth Football Camp (Grades: Incoming 4th - 8th graders) (Ages 9 - 13 yrs old)
<b>AUG. 2nd - 6th</b>	Freshmen Football Camp - mornings
<b>AUG. 9th</b>	High School Football Practice Begins - 6:30am Soph., Jr., Sr. Report 6:30am Soph., Jr., Sr. are dressed and ready for practice 12:00 - Freshmen Report; Practice at 12:30 - 2:00pm
<b>AUG. 12th</b>	"Meet the Coaches for Dessert Night" - 6:30pm - <b><u>EVERYONE ATTEND!!</u></b>
<b>AUG. 13th</b>	1st Day in pads
<b>AUG. 14th</b>	Intersquad Scrimmage / Picture Day / <b><u>EVENING PEP RALLY!!</u></b>
<b>AUG. 20th</b>	Freshmen / JV / Varsity Scrimmage vs. Cy Fair: Home Fresh - 4:00pm JV 5:15pm, Varsity: 6:45pm
<b>AUG. 23rd</b>	1st Day of School
<b>AUG. 26th</b>	Sub Varsities vs. Morton Ranch: Freshmen @ Morton Ranch 4:30, 6:30 JV Home 4:30, 6:30
<b>AUG. 28th (Sat.)</b>	1st Game of the 2010 season: vs. Morton Ranch @ Katy Rhodes Stadium 6pm.
<b>SEPT. 6th</b>	Labor Day Morning Practice (9th - 12th)

**MAKE SURE YOUR ATHLETE HAS AN UPDATED PHYSICAL ON FILE!**

**Go to [TomballFootball.com](http://TomballFootball.com) for announcements and updates**

**FIELD HOUSE PHONE # 281 - 357 - 3047 EXT: 3**

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